

## Michigan

*Michigan Steps Up: A Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)*

<p><b>The Epidemic</b></p> <p>62% of Michigan adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>24% of Michigan high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)</p> <p>28% of low-income children between 2 and 5 years of age in Michigan are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p>	<p><b>Program Priorities</b></p> <p>The Michigan Healthy Lifestyles Initiative (HLI) was funded by CDC for two years under a previous cooperative agreement, beginning in 2001. The primary focus of that initiative was to prevent obesity and other chronic diseases in African American women. The plan that was developed for achieving that focused goal will provide the model for a comprehensive state plan.</p>
<p><b>Selected Partners</b></p> <p>American Cancer Society American Heart Association Arthritis Foundation, Michigan Chapter Blue Cross Blue Shield of MI Daimler Chrysler Corporation Detroit Health Department &amp; Public Schools Detroit Medical Center Faith Access to Community General Motors Corporation Genessee County CAP &amp; Health Department Greater Detroit Area Health Council Greater Lansing Urban League Inter-Tribal Council of Michigan Kellogg Company Michigan Academy of Family Physicians Michigan Association of Health Plans Michigan Association of School Boards Michigan Depts. of Agriculture &amp; Transportation Michigan Department of Labor &amp; Economic Growth Michigan Dietetics Association Michigan 5 A Day Coalition Michigan Health and Hospital Association Michigan Nurses Association Michigan Osteopathic Association Michigan Primary Care Association Michigan Restaurant Association Michigan State Medical Society Michigan State University National Kidney Foundation of Michigan The Salvation Army University of Michigan United Auto Workers International Union United Dairy Industry of Michigan</p>	<p><b>Upcoming Events and Products</b></p> <ul style="list-style-type: none"> <li>➤ A review of the existing plan to determine revisions needed to expand the plan to cover the entire population of the state</li> <li>➤ Meetings of committed and potential partners to develop a new, comprehensive state plan</li> <li>➤ Continued implementation of the School Health Index, in collaboration with the state department of education</li> <li>➤ Distribution of childhood obesity prevention information to health care providers</li> <li>➤ Pilot testing of a program to distribute free fruits and vegetables to schools</li> </ul> <p>Project Period: 2004-2008 Year First Funded: 2001 Funding Stage: Capacity Building Contact Person: Rochelle Hurst, MA, RN Nutrition/5 A Day Coordinator Michigan Dept. of Community Health Telephone: 517-335-9811 Fax: 517-335-8593 E-mail: <a href="mailto:hurst@nichigan.gov">hurst@nichigan.gov</a></p>

